

## COUNTY REPRESENTATIVES REPORT 2009 AGM

**County: East Essex**

Dear Members,

Hope you are all well, and having a good year, I don't know where the time has gone, nearly Christmas again. As you can see it is the turn of East Essex to host the Regional Congress and AGM hope you are all going to enjoy today, we have a fantastic tutor Mark Freeth (new to BWY) so please make him welcome, who is going to do two sessions with us, plus a delicious lunch supplied by Bouquet Garni, those of you who attended last year will remember how tasty it was. Just a reminder of the events we arranged this year, In march we had **Paul Fox 'adjusting students 2'** which was a good day (Paul's events are always very popular and informative) **Antonia Boyle's NLP for Yoga Teachers** on the 12<sup>th</sup> July, was a complete sell out and she has promised to follow it next year with NLP yoga for teachers part 2, so keep an eye out for that date. In September we sadly had to cancel the **Mohini Chatlani Yoga Flows** day because of low numbers, but we have rescheduled this day for next year. Still to come in November is the Anatomy and physiology IST day with the wonderful teacher and physiotherapist **Sandy Tubby**, Sandy is the physiotherapist for England's hockey team, and is very hard to pin down, she has a wonderful skill of making Anatomy, Physiology and the Bandhas in relation to Yoga accessible to all. Next year we have Mohini Chatlani 24th April and Pragyamurti 10th October officially booked but many more in the pipeline so keep watching for those dates. I would like to take this opportunity to thank all of you for your support over the year, and please keep sending in your suggestions for days, if possible try and get contact numbers for tutors you would like to see in your area. I would also like to send out a special thanks to Barbara Fairbanks who makes sure all of you get your yoga east, thank you Barbara for your help. It is much appreciated. Thank you, enjoy your day.

Yours in Yoga,

Namaste Karen ([karensyoga@hotmail.com](mailto:karensyoga@hotmail.com)) 01702615722

### This year 2009

12 <sup>th</sup> July	Tollesbury	<b>Antonia Boyle IST</b>	<a href="mailto:karensyoga@hotmail.com">karensyoga@hotmail.com</a>
		NLP for Yoga Teachers	01702615722
		For advanced Communication skills	

Sept 26th	venue TBC	<b>Mohini Chatlani Open day</b>	
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10 <sup>th</sup> Oct	Chelmsford	<b>Eastern Region Congress &amp; AGM</b>	<a href="mailto:karensyoga@hotmail.com">Karensyoga@hotmail.com</a>
		<b>Mark Freeth</b>	01702615722

### Still to come 2009 - 2010

14 <sup>th</sup> November		<b>Sandy Tubby IST</b>	<a href="mailto:karensyoga@hotmail.com">karensyoga@hotmail.com</a>
Tollesbury			01702615722

24 <sup>th</sup> April 2010		<b>Mohini Chatlani</b>	
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10th October		<b>Pragyamurti</b>	
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Venue TBA